

Ejjeh

INGREDIENTS

2 carrots, grated
1 zucchini, grated
1 small pumpkin, peeled and grated
1 onion, grated
1 small red capsicum, seeded and grated
1 bunch flat-leaf parsley, chopped
1 clove garlic & herbs
1 tsp dried mint
1 tsp mixed spice (baharat)
1 tsp Aleppo pepper
1 tsp fine black pepper
1 tsp sea salt
1 cup SR flour
2 eggs
1/2 cup rice bran oil (to fry in)

garnish
labneh, pine nuts, parsley, olives

METHOD

Place the carrots, zucchini, pumpkin, onion and capsicum in a large bowl with the parsley.

Beat the eggs and add to the vegetables. Combine the flour with 2 cups water and add this, also, to the mixture.

Add the spices to the mixture, and mix well to form a dough.

Fill a deep saucepan or a deep-fryer with rice bran oil and heat to at least 170 C.

Using a large spoon, drop dollops of the mixture into the hot oil in several batches so as not to lower the temperature of the oil.

Once they are golden on the underside, flip them over until both sides are a deep golden colour. Lift them from the oil and place on paper towels to drain.

To garnish ejjeh, place a spoonful of labneh on top and finish with an olive, pine nuts and parsley.